

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.



Workplace Services

"Healthy Ideas For A Healthy Workplace"

# BecauseWeCare

December 2003

A workplace wellness message from your American Cancer Society

## The Sharing Season

The act of giving of one's self has confirmed that real sharing does come from the heart. There are many ways we can share with others this holiday season:

- Food banks, churches and civic organizations are holding food drives to assure that every family has a nutritious holiday meal.
- While shopping, pick up an extra toy train, doll or pair of mittens and drop them off at the many toy-drives in your city.
- Make a homemade gift for family and friends or a perfect stranger.
- Invite someone new to share a new and diverse holiday tradition.
- Take a moment to share an extra smile; it may be the most welcomed gift you give this year.



### In This Issue

- The Sharing Season
- Choose Your Game
- Festive "e"-recipe



click on this symbol throughout this e-newsletter for interactive simple solutions

## A Tax Break That Saves Lives

Did you know that the end of the year is a great time to make a charitable gift? Donations made through December 31 may be counted on your tax return.

Have you considered?

- Cash
- Stocks
- Properties
- Your used car, boat or RV



Click here about making a donation to your American Cancer Society.

*If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning "Good morning" at total strangers.*

-Maya Angelou

# How Many Calories Do You Need Each Day?

Everyone's needs are different when it comes to how many calories you should eat each day. Here is a general calorie guide for men and women, depending on their activity level.

## MALE – weighing 160 lbs

**Sedentary** - You need approximately 2323 calories per day to maintain your healthy weight, based on your current activity level.

**Light activity** - You need approximately 2517 calories per day to maintain your healthy weight, based on your current activity level.

**Moderate activity** - You need approximately 2710 calories per day to maintain your healthy weight, based on your current activity level.

**Very active** – You need approximately 2904 calories per day to maintain your healthy weight, based on your current activity level.

## FEMALE – weighing 120 lbs

**Sedentary** - You need approximately 1584 calories per day to maintain your healthy weight, based on your current activity level.

**Light activity** - You need approximately 1716 calories per day to maintain your healthy weight, based on your current activity level.

**Moderate activity** - You need approximately 1848 calories per day to maintain your healthy weight, based on your current activity level.

**Very active** – You need approximately 1980 calories per day to maintain your healthy weight, based on your current activity level.



# Look At What You Can Do & Lose In 30 Minutes

	Weight 160 lbs.	Weight 120 lbs.
ACTIVITY	CALORIES BURNED	
Dancing	230	173
Skating	269	202
Skiing	230	173
Snow Blowing	173	130
Chopping Wood	230	173
Working on Computer	53	40
Reading	43	32

## To lose weight:

- To take off one pound per week, you'll need to reduce calories by 500 per day.
- One pound of body fat equals about 3,500 calories.
- Try eating 250 calories less per day.
- Exercise enough to burn 250 calories.
- The easiest way to cut back on calories is to watch your portion sizes.



You can count on us ... click here to find the number of calories you should eat each day to maintain your current weight.

***Spread some holiday cheer this season to friends, neighbors, a retirement community or a hospital by planning a caroling outing. Be sure to give your intended visitors some advanced notice!***

Ask your sweetheart for a dance, not only is it fun but you are burning calories at the same time!



## Choose Your Game

It's important to enjoy what you're doing. To choose an activity that's right for you, ask yourself these questions:

### 1. Do you like to be social, or would you prefer time to yourself?

- Social butterflies should try activities that connect them with other people. Try to walk with friends, join a team or recreation association, or go line dancing.
- If you need time to yourself, walking, running, swimming, or gardening can give you time to reflect.

### 2. Do you need to get energized or wind down?

- For an energy boost, try aerobic activities that get the heart pumping.
- Reduce stress with activities like yoga or tai chi.

### 3. Are you goal-oriented, or do you like to stay flexible?

- If you like to feel a sense of accomplishment, choose activities where you can chart and monitor your progress like training for a run, or take up an activity with rising skill levels, like martial arts.
- For a more flexible routine, try walking or find an exercise video you can do at home.

## A New Year, A New You

Each new year, millions of people make resolutions to improve their health and happiness.

### Before you make your declarations for 2004:

- Consider first what is reasonable and achievable.
- Determine a plan of action to make your resolution stick.
- Start exercising, find a workout buddy or join a local fitness club.
- Resolve to quit smoking, call **1.800.ACS.2345** and double your chances of being successful.



**You can do it!**




# Spinach And Tomato Quesadillas

- 1 teaspoon canola oil
- 4 large whole-wheat tortillas
- 2/3 cup reduced-fat sharp cheddar cheese, shredded
- 1 cup spinach leaves, washed and dried
- 4 Roma tomatoes, sliced into thin slices
- 4 ounces of fat-free cream cheese
- 1/4 cup salsa

Heat oil in large nonstick or cast-iron skillet over medium-high heat. Place one tortilla in skillet and top with 1/4 of the cheddar cheese. Add half of the spinach and half of the tomatoes. Stir the cream cheese and salsa together. Spread half of it on the tomatoes. Add another 1/4 of the shredded cheese. Cover all with another tortilla. Cook 1 to 2 minutes. Flip quesadilla over carefully. Cook another 1 to 2 minutes until crispy and cheese is melted. Cool slightly and cut into your favorite holiday shapes. Prepare second quesadilla with remaining ingredients.

Makes 2 large quesadillas. Serves 8.

Approximately 170 calories and 4 grams of fat per serving.

 Click here and celebrate new family and friends traditions with more recipes from the American Cancer Society - *Celebrate! Healthy Entertaining for Any Occasion Cookbook*.

## Say Cheese!

Put a smile on everyone's face by making healthy choices as you cook your favorite meals this season:

- Use evaporated skim milk instead of whole milk or cream in baked goods, sauces, and soups.
- Use low-fat or non-fat yogurt to replace all or part of the sour cream or mayonnaise in a recipe.
- Replace all or part of ricotta cheese with low-fat cottage cheese.
- Use a puree of cooked potatoes, onion, and celery as a creamy base for soups instead of dairy cream or half-and-half.
- Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.
- Select yogurt or milk products without added sugar or flavorings.



## Spinach

**History:** Spinach originally came from Persia (now Iran) where it was known as "aspanakh." By the 1300's, it had spread to Europe and Britain and has been cultivated in North America since the early part of the 19<sup>th</sup> century.

**Nutrition information:** Spinach is rich in Vitamin C, Vitamin A, and minerals, especially iron. Raw spinach is a healthy addition to salads, but to get the full benefit from this leafy green, eat it cooked. Cooking makes the antioxidants responsible for much of the spinach's nutritional potency easier for the body to absorb.

**How to pick 'em:** Shop for vivid, dark green spinach with firm leaves and stems. Avoid those with excessively thick, tough or woody stem ends.

### In The Next Issue

- Don't Be A Dropout
- Love Your Veggies
- Hot "e"-recipe

All content for BecauseWeCare is provided by the American Cancer Society.

For more information contained in this newsletter, to sign up for the newsletter or to find out more about the American Cancer Society programs, services and upcoming events please call 1.800.ACS.2345 or visit [www.cancer.org](http://www.cancer.org)